



**Chris Owens**  
Director

*Stalking Awareness Month  
A Special Opportunity to  
Support The Center's Art &  
Violence Prevention Work*

Because The Center is beginning to see the impact of using art to prevent violence, the agency wants to share its innovative strategies with agencies on a global scale. In March, The Center's Training Coordinator, Jessy Haywood, plans to travel to Prague, Czech Republic to present on the Center's work at the Global Interdisciplinary conference on Trauma, Theory and Practice.

More funds are still needed for The Center to share its work with art and violence on a global scale. Support this endeavor by making a donation to The Center for Women and Families:

Trauma: Theory and Practice Conference, representing over 15 Countries, March 21-24, 2012 in Prague, Czech Republic.

Fundraising goal: \$1,873.00

## The Center for Women and Families is using Art to Prevent Violence

For nearly 100 years, The Center for Women and Families has been working to help survivors of domestic and sexual violence heal and find hope for the future. During the last seven of those years, The Center has been able to put a substantive focus on prevention, addressing risk and protective factors at the individual, relational, communal, and societal levels which have an impact on the scope and nature of violence on our community.

The Center's art therapist Fran Englander works with survivors to help them heal and cope with the long-term effects of violence by creating individual and group art projects. With generous funding from the Kentucky Foundation for Women, Fran has most recently been working with survivors on a project called *Healing Mosaics* in which participants create mosaic works of art currently on display at The Center's Louisville shelter.

The Center's prevention team has also found ways to increase the effectiveness of violence prevention by incorporating art into research and intervention projects. Over the past year, The Center has been working with students at Iroquois High School on a photo-voice project in which students use photography and creative writing to express their opinions about violence in their community and the ways students think violence can be pre-

vented. The Center teaches students basic photography and writing skills, while also educating them on abusive relationships and violence. One participant wrote of her experience using photographs of herself to understand relationship violence saying, "It has a lot to do with how you see yourself and whether you like what you see. How you see yourself in a relationship and whether you accept the person that is staring back at you from the mirror or frame. If you can't see yourself as best as can be, then how can your partner see you any better than you see yourself?"

One of the strongest risk factors for domestic and sexual violence is community tolerance for such violence. The Center is working to address this by using art to communicate intolerance for violence in the Louisville community. In one such project called *Peaces of Change*, The Center invited community members to create unique, post-card-sized art pieces which communicated support for survivors and intolerance for violence of any form. These art pieces will be on display during Kentucky Sexual Assault Awareness Month in March.

To learn more about The Center's violence prevention initiatives and how you can get involved, visit The Center's [website](#), follow @TheCenterOnline on twitter or receive updates by liking The Center on Facebook

## A Request from Kentucky's First Lady, Jane Beshear

All of us are aware of the terrible crime of domestic violence. And whether we know it or not, many of us have friends or family members who have been victims themselves.

As First Lady, I have visited with domestic violence victims in shelters across the state. As these brave individuals fight to regain control of their lives, shelters struggle to provide them with the simple necessities most of us take for granted, such as food, soap and diapers. This is why I'm asking for your help.

**Saturday, Feb. 4 is our 5<sup>th</sup> annual "Shop and Share Day"** to benefit victims of domestic violence. We need volunteers to help collect donated items at Kroger stores

across the state between the hours of 8 a.m. and 5 p.m.

**To sign up for a time, visit the volunteer sign-up page:** <http://firstlady.ky.gov/Pages/shopshare.aspx>

Volunteer for one hour, stay the whole day or simply remember to pick up a few items to donate on your way out of the store. Every little bit helps.

Thanks to everyone for your support in this effort.

*First Lady Jane Beshear*



**Many of you know Jessy through her work at The Center, but here is a little more about her:** Jessy is the Training Coordinator at The Center for Women and Families where she has worked since 2007. She has presented hundreds of programs on intimate partner and sexual violence, specializing in primary and secondary violence prevention. Jessy has become a sought-after speaker and is contributing author on several, prevention curricula including The Ripple Effect, Real 2 Real, and Step In + Speak Up.

Jessy is currently a master's candidate at the University of Louisville in the departments of Women's and Gender Studies and Social Work.

**How to donate:** Mail or deliver an honorarium in Jessy's name to The Center's Louisville campus at P.O. Box 2048, Louisville, KY 40201 or donate on [The Center's website](#) by clicking the "Donate Now" button at the bottom of the page. For donation type, select "Honorarium" and then simply enter the name "Jessy Haywood" in the notes section.



## NATIONAL STALKING AWARENESS MONTH JANUARY 2012

[Stalking Awareness Month](#)

**Cervical  
Cancer-Free KY**

Contact us at: (895) 218-2062

[Cervical Cancer  
Awareness Month](#)

### OFW Calendar of Events

January 2012

Thursday, January 12,  
2012

[IAAP LOUISVILLE CHAPTER  
Meeting](#)

Wednesday, January 18,  
2012

[Baby Care And Me](#)

Thursday, January 19,  
2012

[Floyds Fork Legislative  
Update](#)

Thursday, January 19,  
2012

[Eve\\*olution Fashion Show  
Event](#)

Monday, January 23,  
2012

[Marketing for Small Busi-  
ness](#)

Tuesday, January 24,  
2012

[16th Annual Race & Rela-  
tions Conference](#)

February 2012

Saturday, February 11, 2012  
[Heart to Heart](#)

Thursday, February 16, 2012  
[Celebration of Service & Survival](#)

## JANUARY IS STALKING AWARENESS MONTH

The mantra "Don't get involved" is often waived when friends and family members consider how to help loved ones. "It's not our business"... "She needs to fight her own battles... make better decisions..." are among the responses we hear to interpersonal violence, including stalking.

This month OFW e-News will be taking a look at stalking. Like other forms of harassment and violence, there are hidden costs shared by society. Owning up to our role in perpetuating a culture that tolerates violence is the first step to making serious change and eliminating those costs.

A 2004 report (Max, Rice, Finkelstein, Bardwell and Leadbetter) placed an estimate of \$342 million on one year of lost productivity and mental health care due to partner stalking. Even so, by not including other costs, this estimate is considered low. Stalking victims tend to disconnect from social networks and lead more isolated lives; leave their jobs and often their communities.

Friends, family and employers may distance themselves to "stay out of harm's way."

Victims experience increased risk of sleep disorders and other health problems, such as anxiety and post-traumatic stress, as the result of continued stress from on-going stalking. Thanks to projects like Kentucky Women's Health Registry the data is in:

*Kentucky women, just like women across the U.S., who live with prolonged stress face increased health risk of poor health.*

We know victims of stress, including stress from forms of violence and battering—intimate partner violence (IPV), adult exposure to forced sex & child exposure to sexual abuse—face higher risks of poor health such as cervical cancer.

As members of our community we have the ability to **See It, Name It and STOP IT.**

## AND CERVICAL CANCER AWARENESS MONTH

Kentucky has one of the [highest rates of cervical cancer in the U.S.](#) and a high mortality rate.

The affected population in Kentucky is younger than the national average. Kentucky also has a high rate (20%) of women who go more than three years without being screened for cervical cancer and who have not taken the HPV vaccine series.

The good news: *Cervical cancer is survivable and 90% preventable!* Kentucky is one of the states leading the way to become cervical cancer-free.

Two things need to happen:

1. Women need to be screened on a regular basis to detect cervical cancer.
2. Males and females ages 9 to 26 can prevent cervical cancer with the [HPV vaccine series](#).

For decades scientists have searched for cures for cancer and vaccines to prevent cancer. Now we have one for cervical cancer. The vaccine prevents infection by the [HPV virus](#) which is the cause of almost all cervical cancer and a cause of several other cancers.

The HPV vaccine is the only vaccine to prevent cancer. The HPV vaccine has the promise to do for cervical cancer what the Salk vaccine did for polio: *Make it a thing of the past.*

During January, [Cervical Cancer-Free KY](#) is getting the word out on how YOU can help make cervical cancer ancient history.

**Cervical  
Cancer-Free KY**

Contact us at: (895) 218-2062

To see more Events, News & Workshops, visit [OFW online](#)  
Or go to [OFW Louisville on Facebook](#).

On Facebook you can "Like" OFW, post your comments and news of interest to women in our community.